

ABSTRACT OF THE DISCLOSURE

An optical information recording medium is provided. This medium at least stores information that indicates a maximum recording linear velocity V_h . The medium comprises
5 a substrate having a concentric circular guide groove. This guide groove has land portions and grooves portions. At least a phase change type recording layer is formed on the substrate. The recording layer has such a composition and thickness that a dislocation linear velocity V satisfies the relation
10 $V \geq V_h \times 0.85$.

00000127-0002304